WHAT IS CLAIMED IS:

- 2 1. A connector, comprising:
- a connector body;

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- a latch attached to the connector body, the latch being capable of coupling with a receptacle; and
- a latch pull movably engaged with the connector body;
- wherein moving the latch pull relative to the connector body decouples the latch from the receptacle.
- The connector of claim 1, wherein the latch pull has a cavity capable of at least partially enclosing the latch and at least one inclined plane that is slidable against the latch.
- The connector of claim 1, wherein the latch pull is engaged with the connector body so as to allow the latch pull to slide over at least a portion of the connector body.
- 14 4. The connector of claim 1, wherein moving the latch pull relative to the connector 15 body causes at least one inclined plane to slide against the latch, thus moving the latch to 16 a position that decouples the latch from the receptacle.
- The connector of claim 1, wherein the latch further comprises at least one tab attached to at least one side of the latch.
- 19 6. The connector of claim 5, wherein moving the latch pull away from the receptacle
 20 causes at least one inclined plane to slide against at least one tab, thus moving the latch to
 21 a position that decouples the latch from the receptacle.

- 7. The connector of claim 1, wherein the receptacle is designed to receive a
- 2 conventional fiber optic connector.
- The connector of claim 1, wherein the latch comprises a cantilever beam.
- 9. The connector of claim 1, wherein the latch is attached to the connector body with
- 5 a hinging mechanism.
- 6 10. The connector of claim 1, further comprising a strain relief boot affixed to the
- 7 latch pull.
- The connector of claim 10, wherein moving the strain relief boot relative to the
- 9 connector body forces the latch into a position that decouples the latch from the
- 10 receptacle.
- 11 12. A connector, comprising:
- a connector body;
- a means for coupling the connector body with a receptacle by pushing the
- coupling means toward the receptacle; and
- a means for decoupling the connector body from a receptacle by establishing
- relative movement between the decoupling means and the connector body.
- 17 13. A connector, comprising:
- a connector body; and
- a means for decoupling the connector body from a receptacle by pulling the
- decoupling means away from the receptacle.
- 21 14. A fiber optic connector, comprising:
- 22 a connector body;

a latch attached to the connector body, the latch being capable of coupling with a receptacle, the latch further comprising at least one tab attached to at least one side of the latch; and

a latch pull movably engaged with the connector body, the latch pull having a cavity capable of at least partially enclosing the latch and at least one inclined plane that is slidable against the latch;

wherein moving the latch pull away from the receptacle causes at least one inclined plane to slide against at least one tab, thus moving the latch to a position that decouples the latch from the receptacle.

- 15. The connector of claim 14, further comprising a strain relief boot affixed to the latch pull.
- 12 16. The connector of claim 15, wherein moving the strain relief boot away from the receptacle forces the latch into a position that decouples the latch from the receptacle.
 - 17. A connector, comprising:
- a connector body;

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- a latch pull movably engaged with the connector body; and
- a latch attached to the latch pull, the latch capable of coupling with a receptacle;
- wherein moving the latch pull toward the receptacle couples the latch with the receptacle; and
- wherein moving the latch pull away from the receptacle decouples the latch from
 the receptacle.

- 18. The connector of claim 17, wherein the latch pull is engaged with the connector
- body so as to allow the latch pull to slide over at least a portion of the connector body.
- The connector of claim 17, wherein the connector body contains at least one
- 4 inclined plane capable of moving the latch into a position that couples the latch with the
- receptacle as the latch pull is moved toward the receptacle.
- 6 20. The connector of claim 17, wherein the latch further comprises at least one tab
- attached to at least one side of the latch.
- The connector of claim 20, wherein moving the latch pull toward the receptacle
- causes at least one inclined plane to slide against at least one tab, thus moving the latch
- into a position that couples the latch with the receptacle.
- 11 22. The connector of claim 20, wherein moving the latch pull away from the
- receptacle causes at least one inclined plane to slide against at least one tab, thus moving
- the latch into a position that decouples the latch from the receptacle.
- 14 23. The connector of claim 17, wherein the latch comprises a cantilever beam.
- 15 24. The connector of claim 17, wherein the latch is attached to the latch pull with a
- 16 hinge.
- 17 25. The connector of claim 17, further comprising a strain relief boot affixed to the
- latch pull.
- 19 26. A method for decoupling a connector from a receptacle, comprising:
- providing a connector comprising a connector body, a latch attached to the
- connector body, and a latch pull having a cavity capable of at least partially enclosing the
- latch and at least one inclined plane that is slidable against the latch; and

1	moving the latch pull relative to the connector body so as to force the latch in	nto a
2	position that decouples the latch from the receptacle.	
3	27. The method of claim 26, wherein the connector further comprises a strain rel	ief
4	boot attached to the latch pull.	
5	28. The method of claim 27, wherein moving the strain relief boot relative to the	;
6	connector body forces the latch into a position that decouples the latch from the	
7	receptacle.	
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